

Gazette

GUANTANAMO BAY

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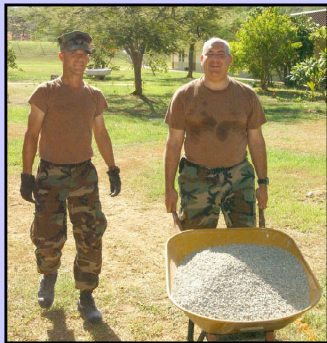
What's Inside

Children's Theatre Group Comes to GTMO



Thanks to the PTO, MWR and HSO, the Missoula Children's Theatre, the nation's largest touring children's theatre, is coming to GTMO in January to audition students from W.T.S. Elementary and High School for a local production. See page 4.

Students, Volunteers Build Refuge



With help from volunteers from MIUW 204, students at W.T. Sampson complete a year-long landscaping project and unveil the "Scholar's Refuge."

See story on page 5.



Force Protection

Treat with suspicion any inquiries from strangers concerning the whereabouts or activities of family members.

2003 PAYRAISE

The facts on the 2003 Military Pay raise and the new pay charts are available at: <http://www.dfas.mil/money> Members with "My Pay" accounts (E/MSS) may print out their 2002 W-2 forms from: <http://emss.dfas.mil/mypay.asp>
1-31 January 2003.

U.S. Naval Base Guantanamo Bay

Gazette

Commander, Naval Base
CAPT Robert A. Buehn

Chief Staff Officer
CAPT Michael Fair

Command Master Chief
CMDMC(AW/SW) Ellen M. Mustain

Public Affairs Officer
JOC Richard Evans

Gazette Editor
JO1 Amy Kirk

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Phone: 4502, 4520

E-mail:
pao@usnbgtnmo.navy.mil

Gazette On-line:
www.nsgtmo.navy.mil

Navy College Learning Center News

Navy personnel and other eligible students have a unique opportunity to refresh or upgrade their academic skills in an individualized, self-paced learning environment.

The Navy College Learning Centers (NCLC's), at select bases around the world, provide comprehensive, computer-based instruction to military personnel so they may acquire a solid foundation of skills when it is convenient to their schedules.

The Navy College Learning Center offers free computer based tutorials for students interested in studying for, ASVAB, SAT, ACT, GED, CLEP, college classes or just wanting to improve their skills in the areas of Math, Science, Social Studies, Language Arts, Reading and Life Skills.

Here in GTMO, the NCLC is located on Chapel Hill in Room 11. They offer a comfortable environment that is conducive to learning. The center is equipped with four computer workstations. The center is open to active duty, reservists, retirees, and their adult family members.

Whether you are in GTMO for 3 mos. or 3 years, don't waste your time! Give the center a call at 3997, and see how they can help you today!

Lights - Camera - Action



The Jim Lehrer News Hour correspondent Jim Kaye and producer Saul Gonzalez interview Capt. Robert Buehn, Commander Naval Base, on the current state of the base one year after being named the location for detainee operations. Capt. Buehn talked about the increase in base population and that even though the base officially celebrates its 100th year in December 2003 and was the nation's first overseas base, many U.S. citizens know very little about it, despite its relatively close proximity to the U.S. The team visited the entire base during its stay and left with a different view of this overseas installation with its unique circumstances and its decidedly "small town America" feel.

Photo by JOC Ric Evans

December Tides Chart

Day	Time	Height	Time	Height	Time	Height	Time	Height
28	0408	1.21	0954	0.36	1532	1.08	2206	-0.20
29	0514	1.40	1118	0.39	1626	0.96	2254	-0.32
30	0614	1.57	1230	0.39	1720	0.87	2342	-0.40
31	0714	1.69	1342	0.37	1814	0.80	—	—

New Year Brings Good News for Sailors with Childcare Needs

By Ingrid Mueller,

Navy Morale, Welfare and Recreation Communications Group

The new year will bring plenty of good news for Sailors with childcare needs.

With Jan. 1 looming, the Navy is promising parents increased accessibility to childcare facilities and assistance in understanding how and what their children are learning at daycare. At the same time, the Navy has decided not to increase childcare fees in 2003.

"The Navy is freezing the price of childcare at the 2002 rate for another year, so Sailors and their families will not see an increase in weekly childcare fees. This will help address the childcare affordability issue for our junior Sailors, which was one of the issues brought forward by Navy families during the Family Team Summit," explained Sharon Peterson, the head of the Community Support Branch for the Navy's Morale, Welfare and Recreation (MWR) Division. MWR is responsible for the Navy's Child Development Programs.

More than 200 Navy service members and their families gathered at the first Navy Family Team Summit last August to share their ideas and experiences, along with discussing areas of possible improvement in the lives of Sailors. Childcare fees was one of the hottest issues debated.

There will be one exception to the price freeze, however.

"Navy bases that were charging the minimum fee in 2002 will have to (charge) at least at the DoD minimum fee for 2003, which has increased slightly," Peterson said. "We don't believe that will affect very many, if any, of our Sailors."

Some Sailors may also have some extra money in their pockets next year thanks to the expansion of the Category I total family income range, which determines the weekly childcare fee range. Those who fall in Category I pay the lowest fees for childcare.

Category I, which currently includes Sailors with a total family income of \$23,000 or less, will be expanded to \$28,000. These changes will have a positive effect on some of the Navy's most junior Sailors.

For example, a Sailor who has a total family income of \$24,000 currently falls in Category II and pays \$69.50 weekly for childcare in the Mid-Atlantic Region. In 2003, the same Sailor will drop down to Category I and pay only \$57.50 a week. When totaled, that Sailor will save \$624 per year in childcare fees (savings of \$12 per week for 52 weeks).

The DoD establishes the income categories and fee ranges. The Navy will implement the income category changes on or before Feb. 14.

In addition, the childcare fees that a Sailor pays, which is based on total family income, will be determined using the December 2002 Leave and Earnings Statement. This will ensure the January 2003 military pay raise will not result in increased childcare fees for Sailors who will move to a higher income category.

The Navy is committed to providing quality child development programs for Sailors and their families. Now, MWR professionals are working hard to increase the accessibility of high-quality childcare.

Beginning in 2003, the Navy will offer expanded childcare on a regular basis at two test sites in Navy Region Mid-Atlantic and Navy Region Hawaii to address a need for increased accessibility to childcare. An additional test site overseas is also being explored and will be determined at a later date.

"The goal is to help address the needs of two-career couples, single parents, shift workers and others by providing access to round-the-clock childcare in a home-like atmosphere," explained Peterson. "Sailors will be offered two options for guaranteed expanded-hours childcare."

The first option is through certified Child Development Home (CDH) providers. These providers will be paid an additional subsidy to provide guaranteed expanded hours childcare at the test sites.

In the CDH program, one adult provider offers care in on-base government housing or off-base civilian housing. CDH providers receive the same high-level training and background screenings as Child Development Center (CDC) caregivers. Providers also receive unannounced monthly inspections and training visits on a regular basis.

The CDH program is a cost-effective way of expanding a command's childcare capacity and helps

see Childcare, page 9

BRIEFS

CCC Scholarship for Guest Workers

City Colleges of Chicago is now accepting scholarship applications (tuition & books) for Term III/02-03 beginning January 13, 2003.

Applications are available at the City Colleges office on Chapel Hill. Ext. 3999. Apply by January 06, 2003.

Lighthouse Museum Volunteers Needed

The OCSC (Officer's Civilian Spouse Club) Cultural Committee is seeking volunteers to meet and greet visitors to the Lighthouse Museum.

The hours are 2 to 4pm Saturday and Sunday. If you have previously volunteered, please call again as we are creating an updated volunteer list. To sign up, please call JoAnn King at 2774.

STA-21 Provides Commission Opportunity

The Seaman to Admiral-21 (STA-21) Program provides an excellent opportunity for highly motivated active duty enlisted personnel in the Navy to complete requirements for a baccalaureate degree and earn a commission in the unrestricted line, Nurse Corps, Supply Corp, Civil Engineer Corps, or Special Duty Officer (Intelligence).

If interested in learning more, please check to website to see if you meet the 15 eligibility requirements and then talk to your departmental career counselor for further guidance.

Applications must be submitted via the applicant's commanding officer and be postmarked no later than July 1, 2003 for consideration next year. Don't delay, there is too much to be done to complete a STA-21 package. For more information, contact the Command Career Counselor at 4488 and visit the webpage at www.sta-21.navy.mil.

Children's Theatre Group Comes to GTMO

The Missoula Children's Theatre (MCT) is coming GTMO in January to audition students from W.T. Sampson Elementary and High School for a production entitled, "The Wiz of The West."

The Parent and Teacher Organization and MWR are pleased to present the MCT to the GTMO community with support from the Hospital Spouses Organization and a grant from Newman's Own, Fisher House and Military Times Media Group.

Missoula Children's Theatre, the nation's largest touring children's theatre, has been touring extensively for 30 years now from Montana to Japan, and will visit over 900 communities this year with 27 teams of Tour Actor/Directors. The tour team arrives in a given town with a set, lights, costumes, props and make-up, everything it takes to put on a play...except the cast. The team holds an open audition and casts 50-60 local students to perform in the production. The show is rehearsed throughout the week and two public performances are presented at the end of the week.

All MCT shows are original adaptations of classic children's stories and fairytales . . . a twist on the classic stories that you know and love. Also included in the residency are three enrichment workshops presented by the Tour Actor/Directors. Creativity, social skills, goal achievement, communication skills and self-esteem are all characteristics that are attained through the participation in this unique, educational project. MCT's mission is the development of life skills in children through participation in the performing arts.

Auditions will be held for MCT's production of "The Wiz of the West" Wednesday, January 15, from 3 to 5pm. Those auditioning should arrive at 2:50pm and plan to stay for the full two hours. Some of the cast members will be asked to stay for a rehearsal immediately following the auditions.

Among the roles to be cast are Dotty, Mooch, Scared Crow, Lionel, Hawknose Halley, Dr. Ozzy, Top Dog, Mad Dog, Bad Dog, Coyotes, Munch Kin, Buzzards, and Tarantulas. Students, ages K through 12, are encouraged to audition. No advance preparation is necessary. Assistant Directors will also be cast to aid in rehearsals throughout the week and to take on essential backstage responsibilities.

Missoula Children's Theatre touring productions are complete with costumes, scenery, props and makeup. The MCT Tour Actor/Directors will conduct rehearsals throughout the week



Scene from a Wiz of the West production at the Merrillat Centre for the Arts in Huntington, IN.

The Wiz of the West

Written and Conceived by Michael McGill
Music and Lyrics by Michael McGill

Missoula Children's Theatre presents THE WIZ OF THE WEST, the classic story, THE WIZARD OF OZ, but with a twist...or should we say, twister?! Follow Tinhorn, Lionel, Scared Crow, Dotty and, of course, her little dog Mooch through a saga of Western adventure and personal discovery. First they tangle with Mad Dog's gang of bad, barkin', back-bitin' hounds who work for the meanest old witch in the West, Hawknose Halley. Then they encounter the brainless Buzzards and the terrifying Tarantulas. The singin' Coyotes help move things along while Ma and Pa Munch and the rest of the Munch Kin point out the way to Dr. Ozzy, the Wizard of Frontier Medicine. Which way is that? Why Westward, o' course! THE WIZ OF THE WEST...a fairy tale with a twang!

from 3 to 7:30pm each day.

THE WIZ OF THE WEST will be presented on Monday, January 20th and Tuesday, January 21st. Keep reading the Gazette to learn who is cast in what is sure to be a grand production.

For more information, contact PTO President Nicky Knighton at 7699.

Alcoholics Anonymous

AA Meeting times have changed to 6:30pm.

They are still being held Mondays,

Wednesdays and Saturdays at the Chapel

Complex. For more information please contact

AK1 Robbin Smith at home 7906, work 4099.

**Volunteers are
needed to be
basketball coaches
and officials for the
Youth Basketball
League. For more
information call 2193.**



Volunteers and Students Sew Seeds for the Future

By Shirley Baggett

W.T. Sampson Elementary School Counselor

Students at W.T. Sampson Elementary School take great pride in their new developing school gardens. These gardens began Fall of 2001 with an idea to develop a garden area between school wings B and C. This area would become a sanctuary for students, and was aptly named "Scholars' Refuge."

The first year of work on the gardens involved students researching designing and clearing the area. This year's goal was the implementation of the garden plan created in 2001. In early December, the school was blessed with Bernadette Shaw, a member of the Joint Task Force, who asked if there was anything she and some of the other JTF members could do to help with the gardens.

And help, they did! Thanks to the JTF volunteers, the elementary school has a defined and attractive desert island, complete with garden benches for visitors to sit on. In addition, the volunteers moved a fountain and weeded. The gardens are now looking beautiful. These individuals completed all this work within a 10 day period before flying off the island on December 16.

In leaving, they said they wanted JTF to continue their involvement with the school gardens and would pass on this wish to their replacements. What fantastic things happen when community, school and commitment come together!

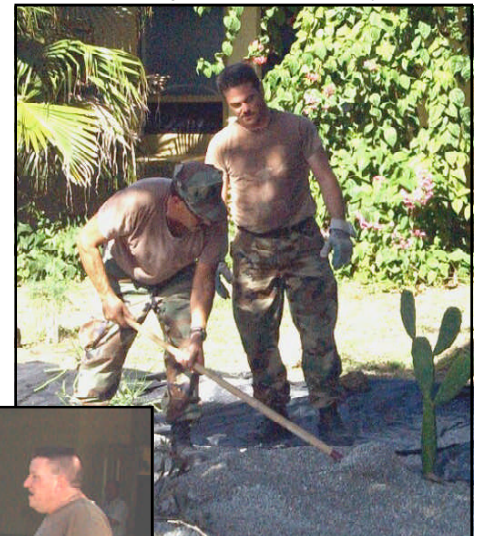
Thank you to all who have contributed to this project, including: Commander



Denfeld (PWO), Ben House (APWO), Art Torley, Charlie Crouse, Leo Ludovici, Rick Baggett, Tony Pollino, the Seabees and Kvaerner Service.

As the coordinator of the garden project and school counselor, I believe this area will provide an essential ingredient to the students' total development. This garden will be a place for the students to find quiet and peace, to commune with nature – all of us need this, including children. This area also offers the opportunity for an academic endeavor. Already, there are upcoming plans to include educating the students in composting in addition to identifying, propagating and caring for plants.

Students and JTF MIUW 204 volunteers take a break from gardening to pose for a quick snapshot. Students involved in this project were: Nick Baggett, Ray Lindberg, Kaila Daniel, Cristina Lara, Hayden Kemp, Megan Heitman, Neal Wright, and Heather Gariepy.



Hoeing, shoveling, raking, moving rocks and garden benches - no task was too small for the military volunteers who donated their time doing various work on the "Scholar's Refuge" before departing GTMO on December 16th. The school and the students will be forever grateful for all the help they contributed to this endeavor.

Servicemembers Receive Christmas Greetings During Holiday Meals

By Laura Rupert

Business Editor, *The Daily Record*
(Dec. 23, 2002)

Atlantic Coast Contracting's Christmas card drive to collect enough cards for 3,000 troops serving in Guantanamo Bay, Cuba, over the holidays was a complete success.

Schools in the area made large contributions and without their help the goal would not have been met. Schools that contributed the most were Plain View Elementary, Erwin Elementary through the guidance program and Cape Fear High School. Approximately 2,000 cards were donated by the students from these schools and cards continue to trickle in.

Paula Parker, guidance counselor at Erwin Elementary, said the theme of the month through the character education program was kindness. This is part of the reason the students made the cards and Mrs. Parker thought it would correlate well. She said the "kids were very excited and enjoyed doing it. Some kids really put a lot of effort into it." That is very obvious through some of the cards donated.

One particular card began, "Dear Soldier, I hope you know you are my hero." Another equally as touching said, "Mr. Soldier, thank you for serving our country so I can spend Christmas with my family. Even though you cannot be home for Christmas your family loves you, so do I. Merry Christmas." Many of the cards reiterated these sentiments.

Ronald Draughon, owner of Atlantic Coast Contracting, said the cards were airmailed to Florida Monday afternoon and from there will be put on a plane to Guantanamo Bay. The cards were expected to arrive yesterday.

Mr. Draughon said of the Christmas card collection that it was the "best thing that I have ever been associated with as far as feeling like you have helped somebody" and "reading cards from kids to soldiers was just touching." He also said it was "remarkable how kids understand on a very human level what it means to be away from home."



Sandra Bezgela, Bob Rupert, Ronald Draughon, Amy Parker, Jimmy Draughon and Amy Draughon display some of the Christmas cards donated for the soldiers stationed in Guantanamo Bay, Cuba. (Photo used by permission from *The Daily Record* and Laura Rupert.)

Atlantic Coast Contracting, who has the food service contract at Guantanamo Bay, intends to distribute the cards during Christmas lunch to every soldier, sailor, airman and Coast Guard person serving in Cuba. When asked if the soldiers were aware that cards would be arriving Mr. Draughon said "don't think soldiers know but command headquarters knows and are very pleased that this is being done because they have a difficult job and the command wants to them to know the people at home are supporting them and aware." Mr. Draughon also said he "appreciates the support the community has given and all the schools and kids and businesses that have contributed to this, they are really owed a big thank you." He said all those who contributed are doing a lot for the soldier's moral support and it is very important for the soldiers to know they are supported.



Local galley and Supply Dept. personnel take some personal time to sort through the hundreds of holiday cards (above) and pack them into smaller holiday greetings and goodies packages (below).



Article and top photo reprinted by permission from *The Daily Record* in Dunn, NC.

Feliz Navidad - GTMO Style



Those in attendance quickly check their ticket numbers as Captain Englehart announces the winner of the door prize.

Prior to the Castro Regime, Cuban citizens from nearby towns provided the major work force of the base. Upon complete severance of diplomatic relations with Cuba in 1964, approximately 400 Cuban employees loyal to the United States requested safe haven. Although it was anticipated the situation



FFSC's Amy Radivoy (center) speaks with Myrelia Greenough (left) and Eunisia Alexander.

would be resolved within six months, decades later 64 Cuban "Exiles" continue to reside on base. A Christmas party honoring these very special base residents—sponsored by the Cuban Residents Committee—was held at the home of NAVSTA Staff Judge Advocate, LCDR Loretta Nygard.

Keeping Your New Year's Resolutions

from *FamilyResources.com*

Life is short. If you make it right, once is enough.
~Joe Lewis, Comedian

It's hard not to get the resolution urge on New Year's Eve. There's that sense of renewal, of rebirth, and the guilty awareness that you ate your own weight in chocolate during the holidays. Sure, last year's resolutions didn't make it past the fifth of January, but hey, this year's going to be different, right?

It's the same thing every January 1. Frustrated by bad habits like smoking, overeating or living a sedentary lifestyle, many of us vow to change through making New Year's resolutions. This year, I'm dieting, or exercising regularly or quitting smoking for good, we pledge. By May, the stair stepper you bought is gathering dust in the closet, the diet books are sitting on the shelf unread and the cigarettes still are in your back pocket. Defeated, many of us give up further attempts to change

Most of us don't have a clue how to make a reasonable resolution, which is why most of us fail to keep the ones we make. We set high goals for ourselves, and then wonder why we never attain them. So we either stop setting goals (never a good choice), or make resolutions that are ridiculously easy to keep. The most important point to consider when making any resolution,

whether on January 1st or May 29, is to decide if you are truly willing to make the effort to kick a bad habit or start a healthy one.

Making a decision to change just because it's New Year's Day, your birthday or just a bad Monday isn't enough to keep you motivated for long. Lasting change means being prepared to make sacrifices. Many people resist change because they're afraid of the unknown. Unhealthy habits may be harmful and detract from your quality of life, but they're familiar, and for many that's reason enough to keep them.

Overcome the fear of the unknown by making yourself aware of the consequences of not changing your current habits, and the advantages of adopting new behaviors. Make a list of the pros and cons. Seeing the consequences of a bad habit in black and white may make fear of the unknown less imposing and make change more desirable.

Once you have decided you are ready to make that New Year's resolution and stick to it, you need to develop a plan of action and make that plan a priority. If you wish to start an exercise program, plan what kind of exercise you will do and how often. Make it a part of your weekly schedule.

Be sure, however, not to set your goals too high. Make realistic

See Resolutions, page 9

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Common Resolutions

**Get in Shape
Change Careers
Quit Smoking
Save Money
Go Back to School
Be More Positive
Eat More Healthy
Relax More
Get Organized**

Healthwatch: What You Should Know About Smallpox

By Brian Badura
Bureau of Medicine and Surgery

New and emerging threats in the global war on terrorism recently prompted President George Bush to direct the military services to be vaccinated against smallpox. While the United States hasn't seen a smallpox case in more than 50 years, the vaccine will help ensure the health of military members in the event that the virus should be used as a weapon of mass destruction.

"The vaccinations will help to protect Sailors and Marines, especially those at greatest risk, against potential biological warfare threats," said Capt. Jeff Yund, a physician who is the director of preventive medicine and occupational health at the Bureau of Medicine and Surgery.

According to the Centers for Disease Control, smallpox is an acute, contagious and sometimes fatal disease caused by the variola virus. Smallpox is a threat to health and operational readiness, but it can be prevented through vaccinations.

Symptoms of smallpox include high fever, head and body aches and sometimes vomiting. As the disease progresses, a rash develops, and eventually, small bumps form crusty scabs that fall off after about three weeks.

Smallpox is spread predominantly through prolonged, direct face-to-face contact with infected individuals. It can also spread through direct contact with infected body fluids or contaminated objects.

The disease is rarely spread through



National Naval Medical Center, Bethesda, Md., Hospital Corpsman 2nd Class Jeremy West administers smallpox vaccination to a member of the National Naval Medical Center's Smallpox Epidermal Response Team. The vaccinations are in response to the Department of Defense (DOD) establishing the Smallpox Vaccination Program. According to DoD, the resumption of a smallpox vaccination program is intended to ensure that the military can achieve its missions in case smallpox is used in a war. U.S. Navy photo by Journalist 2nd Class Sybil McCarroll.

indirect contact. Insects and animals are not known to spread smallpox.

Once exposed to smallpox, it usually takes between seven and 17 days for symptoms to appear. In most cases, the person becomes contagious once a rash develops, although

at times, people become contagious with the onset of fever.

Smallpox vaccinations are produced from a virus called vaccinia, a "pox"-type virus related to smallpox. The vaccination helps the body build immunity to smallpox.

The smallpox vaccine is the best protection if one is exposed to the smallpox virus. Some mild reactions, including sore arm, fever and body aches are common. A very few of those vaccinated may experience more severe reactions.

While the vaccine is considered safe, some people should not be vaccinated. Pregnant and breastfeeding women, children under 12 months of age, people with some skin conditions, and those with compromised immune systems should not receive the smallpox vaccine.

Once the vaccine is administered, one must care for the vaccination site, as the virus is present on the skin and can be transferred by contact until the scab falls off.

"Covering the site and frequent hand washing are two of the most important precautions to take after receiving the vaccination," said Yund.

Healthcare providers Navywide are thoroughly trained to administer the smallpox vaccines and provide any necessary follow-up care.

Any questions about the virus or the vaccine should be addressed with a healthcare provider, or visit the Military Vaccines Web site at www.vaccines.army.mil/smallpox.asp.

Childcare, from page 3

meet the needs of parents with infants, toddlers, school age children and children with special needs.

The second option will be offered in a Navy Child Development Group Home (CDGH) setting. Navy CDGHs were authorized in January 2002 as a new alternative to increase the availability of quality, affordable childcare.

CDGHs can be implemented in either on-base government-owned or leased housing, or in off-base civilian housing. CDGHs are small, home-like and conveniently located. At the same time, they provide more adults to supervise children and give children the opportunity to socialize in larger groups. CDGHs have a minimum of two providers for up to 12 children.

Navy MWR professionals are also helping parents understand how and what children are learning.

"The Navy has an established, solid child development program that uses Emergent Curriculum, which is a systematic teaching

approach that begins with observing children in their creative play. The curriculum is based on standards set by the National Association for the Education of Young Children (NAEYC)," explained Dr. Gwen Boyd, head of the Navy's Child Development Section.

The Navy's MWR professionals continue to develop forward-moving programs and services to help meet the needs of our Sailors and their families, today and tomorrow.

"Parents who attended the Family Team Summit and Sailors we interviewed in focus groups indicated to us that affordable, quality childcare is their number one quality of life issue, and that it had a major impact on their readiness and ability to do their mission. They also indicated that childcare was a very important factor in their decision to stay Navy," emphasized Dr. Boyd. "That's why we work so very hard to take good care of their children – so Sailors can take care of the Navy."

Worship Services

Catholic Mass (Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Friday

Holy Hour/Rosary 1700
(Cobre Chapel)

Saturday

Reconciliation 1630

Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

Mass - Leeward Side 1215

Eucharistic Adoration/Reflective

Prayer (Cobre Chapel)

Daily 24hrs

Protestant Services

Sunday

Services - Main Chapel 1100 & 1930

Camp America 0900

New Life

(Main Chapel)

Sunday

Worship Service 1245

Sunday School (Sanctuary B) 1130

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday Sacrament 0900

Jewish

(Fellowship Hall)

Every Friday 2000

Filipino Bible Fellowship

(Sanctuary A)

Sunday

Worship 1800

Iglesia Ni Cristo

(Sanctuary B)

Sunday

Worship 2000

Pentecostal Gospel

Temple

(Sanctuary C)

Sunday

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Divine Service 1100

Islamic Service

(Classroom 18)

Friday

Worship 1300

United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

Please ask the Faith Group Representative about Sunday School Times, Education Programs, Bible Study, Prayer Groups, etc. For more, call the Chaplain's Office at 2323.

HOLIDAY WORSHIP SCHEDULE

Catholic

December 31

1730 Main Chapel
1900 Camp America-Wooden Chapel

January 1

0900 Main Chapel
1000 Camp America-Wooden Chapel
1215 Leeward Side, Bldg. 525

Protestant

December 31

2100 Main Chapel-Fellowship Hall



The Best Cappuccino On The Island!

Bring this coupon in to the Iguana Crossing Coffee Shop for a free cappuccino, flavored coffee, or spiced tea of your choice.

Open Monday, Wednesday, Friday and Saturday nights from 6-10pm.

Escape from GTMO! Come enjoy a cup of java in a fun, laid-back atmosphere.

Cuban-American Friendship Day



2003 T-Shirts are here!

Buy yours at the NEX Atrium, Dec. 28 and 29 from 9am to 3pm.

Attention all Runners, Walkers and Bikers

Reflective gear must be worn when running, walking or biking between the hours of dusk and dawn.



Resolutions, from page 7

resolutions. Don't try too much too quickly. Set a series of smaller goals by dividing your big goal into smaller sections. Say, for instance, you want to save money. Instead of leaving your goal so vague, plan a reasonable amount to work toward in the first month,

then a larger amount to have saved at the first quarter of the year. These smaller goals will keep you encouraged as you make progress.

Make reminders. After you decide the things you would like to work on, make several reminders for yourself. The old method of taping a sign on your mirror or somewhere

where you will see it regularly might work. But if you usually ignore your signs, try something different.

Be kind to yourself. If you find you've made resolutions that are making you miserable, be willing to change them. After all, they are your resolutions. Sometimes you can resolve to do things that are really too big to

handle. Instead of giving up as a failure, modify your goals so that they will be a true help and result in improvement.

Above all remember – if at first you don't succeed, try and try again.

Creature Feature

*"Creature Features" are submitted by The Guantanamo Bay
Environmental Office*

Sea Turtles

The term sea turtle seems to be self explanatory—but don't be misled. While it is true that sea turtles are basically turtles adapted to life in the sea, these creatures are much more complex than you may think. These water dwelling reptiles are living fossils that have changed very little over millions of years. Life at sea requires a streamlined shape, powerful flippers and lungs adapted to deep ocean dives. In fact, the blood of sea turtles must be able to deliver oxygen to cells and tissues even at extreme depths. Sea turtles are also able to rest or sleep underwater for hours at a time. Once prolific throughout all but the coldest oceans, sea turtles have suffered significant population declines in recent years due to habitat loss, human predation, commercial exploitation, overfishing, and natural processes. Common threats to species survival include pollution and ocean debris (primarily plastics), incidental deaths associated with their drowning in fishing gear intended for other species, disturbance of coastal feeding areas, and disturbance of nesting beaches.

One of the most interesting aspects of the sea turtle is that the female leaves the safety of the sea to lay her eggs on land. The time of year and preferred beach type varies from species to species, but most females usually lay several nests during one season and may nest at a frequency of every two to three years. Some species prefer open, flat sandy beaches with a deep water approach, while others prefer secluded coves and steep sloped shorelines. For example, the leatherback turtle, which lacks a hard shell, typically avoids rocky or coral fringed shores where abrasions to unprotected skin may occur. Once nesting is complete, the "crawl", or track marks left in the sand following nesting activity, can oftentimes lead to identification of the nesting species.

Sea turtles expected to visit NAVSATGTMO beaches for nesting



Distinct sea turtle tracks

activity include the hawksbill, green and leatherback turtle. Each is unique in its body shape, food preference, and nesting behavior. In order to promote the continued survival of these increasingly rare creatures, we must respect their nesting and feeding needs. Never approach a turtle feeding or resting in local waters, as unwanted interaction can disrupt feeding, resting and reproductive behavior. Most importantly, NEVER disturb nesting turtles or their eggs. Turtles are particularly sensitive to light and even slight disturbances can cause a female to abort egg laying activity. Should you observe nesting turtles or evidence of nests, please call the Natural Resources Manager at 4662.

Recycling Numbers Down

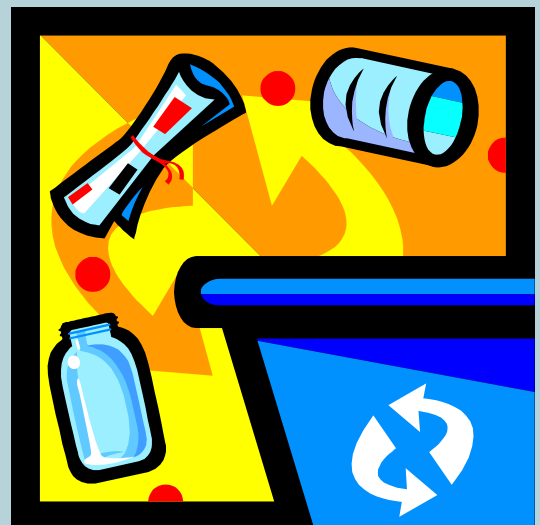
Recycling participation is at its all time low - less than 40 percent. Due to high costs and unprofitability of recycling certain material, **PAPER and CARDBOARD will NO longer be accepted at the Recycling Center.** Dispose of these items in your trash receptacles.

Recycling Bins are picked up from residential neighborhoods on TUESDAYS. Bins must be at the curb. If you need a bin, stop by the Recycling Center and pick one up.

Also, continue to turn in cans/bottles to Recycling Center for refund (\$0.05/can or bottle). Voucher will be given confirming number of cans/bottles turned in. Redeem voucher at NEX Cash Window.

The following items can be recycled (turn items into the Recycling center or place them in your blue bins): Plastic, Glass, Cans, Batteries, Metal, Computer Equipment
Aerosol Cans (metal) really need to go to Recycling Center - these EXPLODE when put in the fire.

Collect 20 recycling tickets and receive a free T-shirt. You will receive one ticket for each bin you put on your curb. You will also receive a ticket each time you deliver something to the recycling center. T-shirts are available at the Recycling Center.



GTMO SHOPPER

FOR SALE

(2) Day Bed with two twin mattresses and black metal frame, \$125. Phone 7511.

(3) Entertainment Center (\$25), Sleeper Couch (\$50). Call 7699.

VEHICLES/BOATS

(1) 89 Ford Ranger 5sp, King Cab. Look good, drives good. Call 7792 and leave a message.

(2) 1988 Chevy Nova. Working AC/Radio. Available immediately. Call 4616 (DWH).

(2) 1990 Toyota Camry - A/C, 4-sp, good condition; asking \$1500. Call 5411 for DKC Jackson.

(2) GTMO Special 1981 2-door Ford Granada - power windows. Asking \$650. Available Dec. 23. Call Tim (H) 7785 or (W) 4135.

(2) 2001 Jeep Wrangler Sahara with 12,000 miles. 6 cylinder, 4X4, AC, AM/FM Stereo CD Player, Sound Bar, Automatic, brown soft top and black bikini top. Asking \$18,000 negotiable. Call DWH 72299, AWH 7411.

WANTED

Lonely Maytag repairman to repair my Maytag Neptune washer. Also, looking for a tailor. Call 7439 and ask for Ray or Janice.

House Cleaner to clean a Nob Hill three-bedroom home every other week. Person to auto detail two privately owned vehicles. Please call 5885 and leave a message.

The American Red Cross is seeking a volunteer to work in our office through the month of December. Please call 5060 if you can help.

Sitter (in my home or yours) for my 8 year old daughter needed for Saturday's. Please contact Eric at 5859 (AWH) for the details.

EMPLOYMENT

McDonald's Maintenance Person, mornings - 6am to 2pm. Cashiers, evenings - 5 to 8pm. Interviews on Wednesday from 2-4pm. Call David at 3797 for more information.

The following are job vacancies currently open through the Human Resource Division. FMI, call 4822 or 4430.

Vacancies

Lead Firefighter, extended - closes 12/27/02 - Open to current Foreign National Employees of the NAVSTA Fire Department only
Administrative Services Assistant (OA), closes 12/26/02
Housing Management Assistant, closes 12/31/02
Security Asst., closes 1/3/03

Open Continuous Vacancies:

Firefighter, 1st cutoff 11/20/02, closes 11/06/03 - Open to permanent, full-time Jamaican Foreign National employees who were recruited and are employed by MWR, NEX, Naval Station and Tenant Commands serviced by the Naval Station HRO and Jamaican Foreign National contractor employees.

Community Bank has a full time teller position open. Resumes are being accepted. FYI 5116.

NEX Cashier (cash cage) - Reg/ Full Time - Weekdays & Weekends. NOTE: Any contractors considering Full Time employment with the Navy Exchange must have a letter of release from your present employer attached to your application.

Full and part time food service positions open at the Bayview/ Windjammer Clubs: Baker, Cook, Server and Bus Person. Apply at the MWR Personnel office in Bldg. 760 on Admin Hill.

ANNOUNCEMENTS

NAVY FEDERAL CUSTOMERS- NFCU will be open 9:30am to 1pm on Dec. 31st.

SERVICES

Math Tutor: Elementary, high school and college math. Email math652002@yahoo.com.

Need a night to yourself, or just want to go out. Certified and experienced baby-sitter. Call Amanda at 7892.

Need help at home? Call Chaz at 7466 (does mowing, weed eating, and gardening). Prices negotiable.

Red Cross certified baby sitter. Experienced, responsible, and ready for anything. Call 7976, ask for Jessica.

Like to get away and have nights to yourselves? Experienced baby-sitter of 5 years! Call Mariah at 7466.

Experienced, Red Cross Certified baby-sitter available. Call Melissa at 5418.

Red Cross certified and experienced. Need a baby-sitter call CJ at 5418.

Baby-sitter - American Red Cross certified. Call Rhett at 7864 for your child care.

LOST & FOUND

Found - Watch found at Golf Course in Golf Cart on Sunday 15 of Dec. around 11:00am. Please contact Tamara Robichaux at (H) 3431 or (WK) 4125 x 210.

Found - Man wedding ring found in the parking lot of McDonalds. Please contact Judy Ortiz at 3500 or 5518.

Lost - Blue Backpack at Buffett concert. Medication inside. If found, call 6012 (DWH) or 7073 (AWH).

Lost - Nov 15 a Pioneer 8mm camcorder was taken from the high school. We would like to ask for its return, especially the tape inside as it has some memories of our children. Call 7505 for more information.

PETS

"Sunny" needs a home! Beautiful orange with white markings, 1 yr. old male cat. Very gentle but needs TLC. Shots & neutering will be paid for. For more information, please call Vet's Office @ 2101 or Jan @ 2650.

The Vet Clinic currently has 3 kittens for adoption, 2 males, 1 female. They are approximately 10 weeks old. The adoption fee is \$65. Anyone interested can contact the clinic during normal business hours M-F 0830-1600 @ 2101 or 2212.

Just in time for Christmas, free to a good home, a two year old GTMO cat. She is house broken and comes with toys, bed, and litter box. We are moving and can not take our GTMO cat with us. Please come and see your new gtmo cat. Call 5855.

IGUANA CROSSING

ATTENTION ALL POETS!

Beginning Jan. 11, 2003 the Iguana Crossing will sponsor poetry readings each Saturday. Sign ups will be from 6-6:30pm and readings will begin at 7pm and end when everyone has read.

Poetry Workshop - All are welcome to participate in the Poetry Workshop each Monday from 7 to 8pm beginning Jan. 6. For more information, please contact LT Marcus Warren at 3128/8033.

ATTENTION MUSICIANS!

Musicians wanted to provide accompaniment for poets on poetry nights. For more information, please contact LT Marcus Warren at 3128/8033.

THE LORD OF THE RINGS: THE TWO TOWERS



**Action/Adventure,
Science Fiction/
Fantasy and Drama**
2 hrs. 59 min.

Starring:
*Elijah Wood,
Sean Astin,
Viggo Mortensen,
Ian McKellen,
Christopher Lee*

The Hobbits, Frodo and Sam, brave terrible dangers in an attempt to have the evil ring destroyed.

MY BIG FAT GREEK WEDDING

Romance and Comedy
1 hr. 35 min.

Starring:
*Nia Vardalos,
Gia Carides,
John Corbett,
Joey Fatone,
Ian Gomez*



Still unmarried at 30-years-old, Toula Portokalos is ready for a change and falls in love with a high school teacher who is definitely not Greek..

GHOST SHIP



**Suspense/Horror and
Drama**
1 hr. 31 min.

Starring:
*Julianna Margulies,
Gabriel Byrne,
Isaiah Washington,
Ron Eldard*

A boat salvage crew discovers the eerie remains of a grand passenger liner and ends up fighting for their lives

MAID IN MANHATTAN

Comedy and Romance
1hr 46 min.

Starring:
*Jennifer Lopez,
Ralph Fiennes,
Natasha Richardson,
Di Quon,
Kevin Wade*



A maid in a first class Manhattan hotel through mistaken identity, meets a handsome, debonair heir to an American political dynasty.

Movies

FRIDAY, DEC 27

7pm My Big Fat Greek
Wedding
PG - 96min

9pm Knockaround Guys
R - 91min

SATURDAY, DEC 28

7pm I Spy
PG13 - 102min

9pm Ghost Ship
PG13 - 91min

SUNDAY, DEC 29

7pm Maid In Manhattan
PG13 - 106min

MONDAY, DEC 30

7pm Abandon
PG13 - 99min

TUESDAY, DEC 31

7pm Maid In Manhattan
PG13 - 106min

9pm Ghost Ship
R - 91min

WEDNESDAY, JAN 1

7pm Lord Of The Ring:
Two Towers
PG13 - 179min

THURSDAY, JAN 2

7pm Knockaround Guys
R - 91min



What's Happening...

Performing Live The Ballentine Band

December 27th at 8pm
on the Bayview Patio.

Liberty Center

Night Fishing Trip
December 27
FMI call 2010.

Youth Center

December 31
New Year's Eve Party
FMI call 4658.

Teen Center

December 31
New Year's Eve Ball
FMI call 4658.

New Year's Eve Resolution Run

December 31
11:59 at the Base Gym
Sign up at the Base Gym
FMI call 2193.

Marina Holiday Hours

Dec 31st 6am to 7pm
Jan 1st 12pm to 7pm

NEEDED: Basketball Officials and Scorekeepers

For Adult Basketball Games
FMI call 2193.

Captain's Cup Men's & Women's Basketball League

Coaches meeting January 10th
at 2pm in the gym.
Rosters are due no later than
January 9th. League begins January 20th.
FMI call 2193.

Parent's Night Out

December 31st 5:30pm to 12:30am
A reservation fee of \$2.50 is due by
December 26th for December 31st to hold a
spot for your child(ren). An additional fee
of \$1.50 is due for each additional child.
The reservation fee is non-refundable. One
hour-\$2.50, two hours-\$5.00 and three or
more hours-\$12.00

For more information on any of the events
listed above, call 5225.